

La Gastronomía

The common food and dishes made in this Central American country tie in pretty closely with what is grown for export. There are many dishes with bananas, rice and beef in them, but seafood is also a large part of the Costa Rican diet. More than half of the country is bordered by the Pacific Ocean or the Caribbean Sea. Coffee is also a large part of the diet and most Ticos usually take 2 or 3 coffee breaks a day.

Símbolos Nacionales (National Symbols)

There are two figures that are revered by Ticos in present day Costa Rica. Juan Santamaría was a poor drummer boy from Alajuela. He died setting fire to the headquarters of the mercenary army of Tennessee slave owner William Walker in 1856. He is honored April 11th of every year. Don Pepe Figueres Ferrer is honored because in 1942 he abolished the armed forces, granted full citizenship to blacks and nationalized banks and insurance companies. It is mostly because of Don Pepe's work that Costa Rica has the reputation as a peaceful and neutral Central American country.

